



478 (7433) S. I. E. ~7433

# "LET'S COOK DINNER!"



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Chicago

**SIMPLE DIRECTIONS FOR ONE FULL MEAL**

"Would you like to cook dinner, Jimmy and Joan?"

"Oh, Mother! You mean we can do it alone?"

"You are old enough now to be on your own."

"Won't Father be pleased!" said Jimmy to Joan.



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Here are the groceries Mother has bought.  
We must remember the rules we've been taught:  
Never touch food without washing our hands,  
Be careful with matches and knives and hot pans.

Let's take some paper—a nice big sheet,  
And jot down the things we will have to eat.  
It's important to have a well-balanced diet.  
And food must look good so that you want to try it.



TOMATO JUICE  
AND CRACKERS



MEAT LOAF



BAKED POTATOES



GREEN PEAS



BREAD AND BUTTER



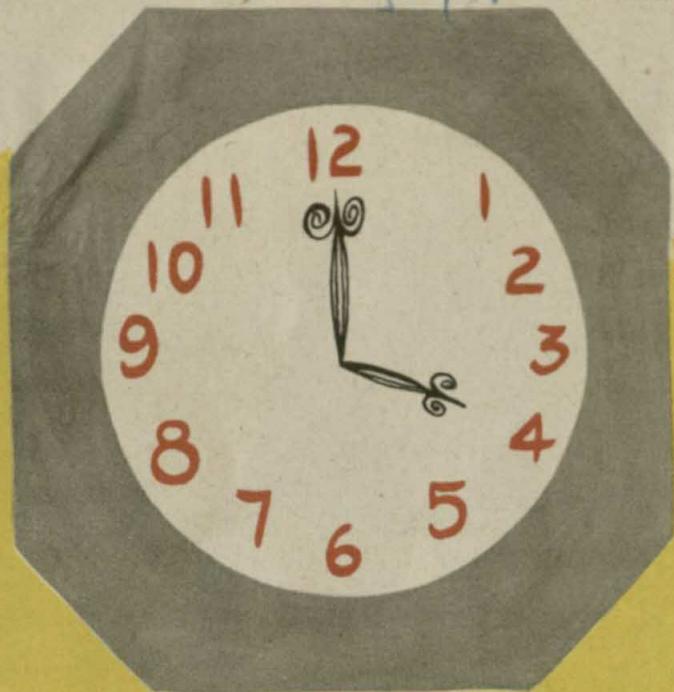
BAKED APPLE



HOT CHOCOLATE

West Dept  
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*2433*  
*S.I.E.* Watch the clock on the wall and the time in the book.  
Time is important when learning to cook.



And now that we're ready to really begin,  
We hope you will watch us—and maybe join in!



It's time to light the oven now.  
Mother comes to show us how.

### CARROT STICKS

We scrape four carrots, and begin  
To cut each length-wise, pencil thin.  
Then a large bowl with lots of ice  
Will keep our carrots crisp and nice.

### TOMATO JUICE

Tomato juice is full of Vitamin C,  
And not only that—it's as good as can be.  
We'll pour out the juice into small glasses later,  
But first it must chill in the refrigerator.



## BAKED POTATOES

The baked potato! The heart of the meal!  
We eat every bit of it—even the peel.  
We scrub four potatoes as hard as we can,  
Rub them with fat, and put into a pan.  
In a moderate oven ( $350^{\circ}$ ) the potatoes go.  
They will take over an hour, you know.  
We'll pierce them through with a fork to see,  
If they are baked as they should be.

## CELERY CURLS

We wash the tender inside stalks.  
They make the nicest curls.  
Grown-ups like their crunchy taste;  
So do boys and girls.



## MEAT LOAF

Take a pound of beef  
That has been ground.  
Add all these things:

1 EGG

1 CUP BREAD CRUMBS

1/2 CUP COLD WATER

1 TABLESPOON OF  
CHOPPED ONION

1 TABLESPOON OF SALT

1/2 TEASPOON OF  
PEPPER

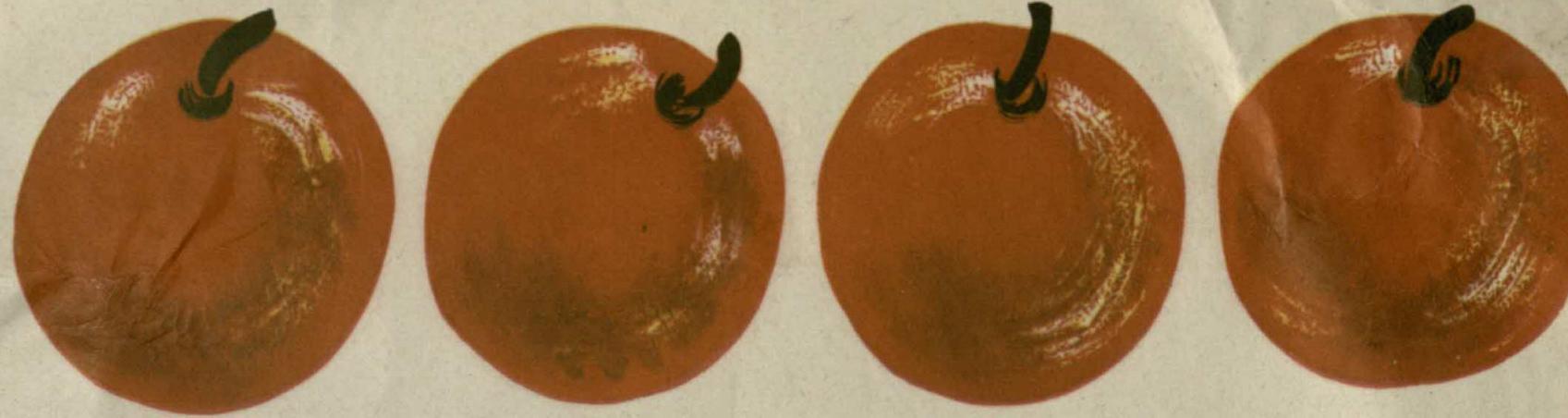


And mix them around.



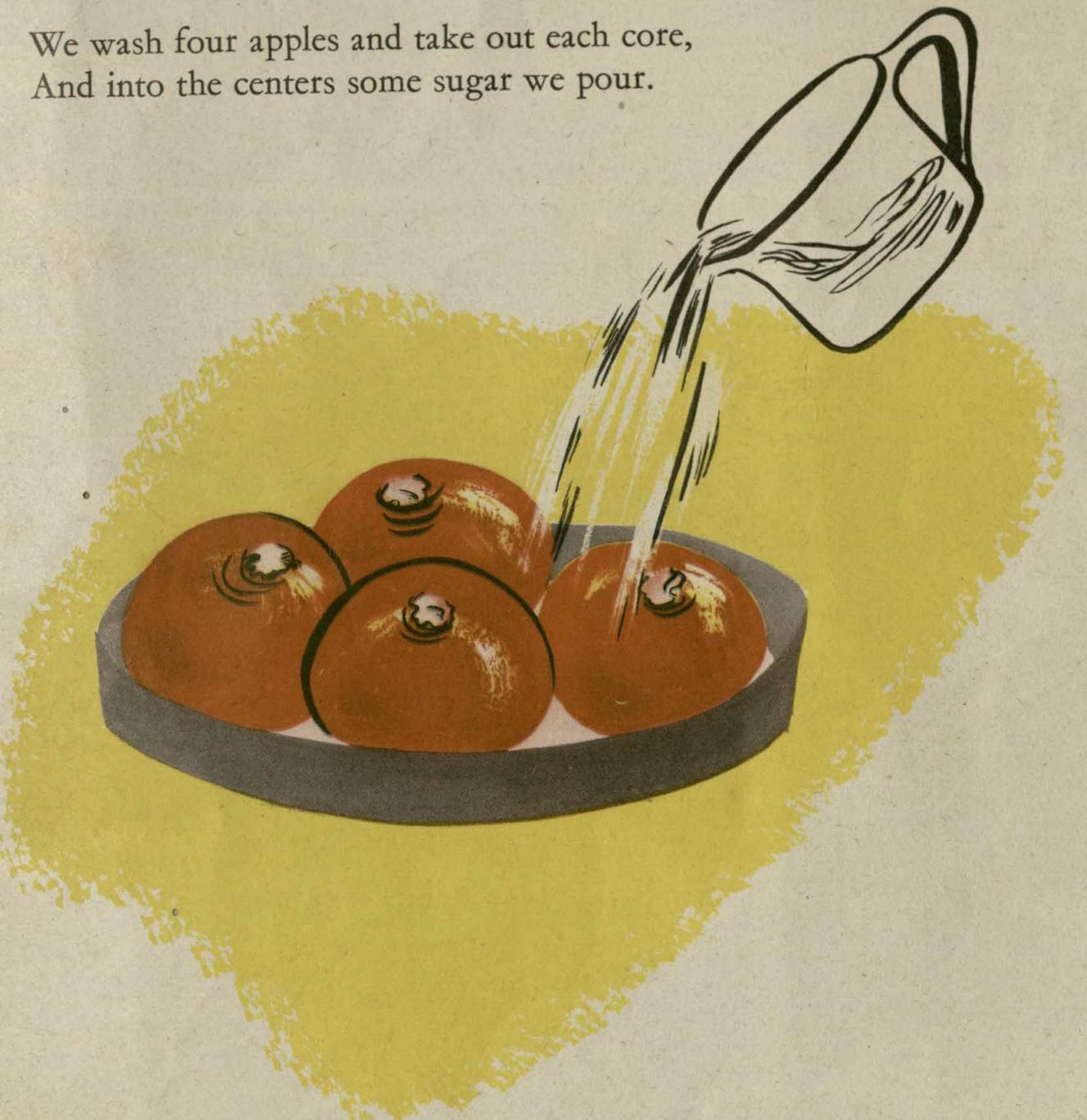
Pat it into a pan  
And dot it with fat.  
Pop into the oven—  
And that's all of that!





## BAKED APPLES

We wash four apples and take out each core,  
And into the centers some sugar we pour.



The apples are placed in a pie pan just so,  
With a half cup of water—in the oven they go!



### FRESH PEAS

We'll shell a pound of peas as fast as we can,  
Boil them in water, about half a pan.

Add salt to the water to season the peas.

Then serve them with butter, as much as you please.

# HOT CHOCOLATE

We make a smooth paste by mixing these four:

3 TABLESPOONS OF COCOA



2 TABLESPOONS OF SUGAR



$\frac{1}{4}$  TEASPOON OF SALT



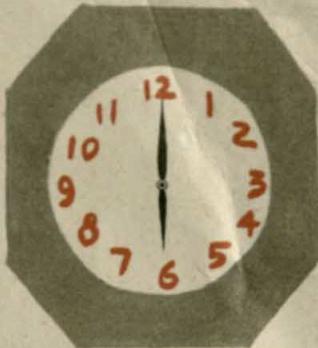
$\frac{1}{2}$  CUP OF WATER



Boil this, keep stirring, five minutes, not more.  
Add four cups of milk and stir this all through.  
To keep warm 'till served, a low flame will do.

This is the way we set our table.  
We do it as neatly as we are able.





That's Father's key we hear in the lock.  
Dinner's on time—it's six o'clock!



Let us thank Him for this food.

Our dinner is over,  
The dishes are done.  
The kitchen is swept.  
Cooking really is fun!



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